



Boys Cross Country

Conference Champions - Brighton
 West Division Champions - Brighton
 East Division Champions - Livonia Franklin

All - Conference Runners

Grade	Name	Time	School	Coaches Comments
12	Carter Solomon	15:13.5	Plymouth	One of the best if not best runner in KLAA history. Carter is a great person on and off the course as well. His drive is like no other runner I have Coached.
12	Jack Spamer	15:18.4	Brighton	Jack has made huge gains this season. Through consistent hard work he has transformed from a very good runner to a great runner.
11	Patrick Byrnes	15:21.7	Plymouth	Patrick is having a great season after a monster Track season. He proved in his 3rd place finish that he can run with the top runners in the Conference.
12	Zachary Stewart	15:22.8	Brighton	Zach is a very competitive athlete. His really shows dedication in championship events.
10	Riley Hough	15:24.0	Hartland	
12	Matt Whyte	15:38.4	Novi	Matt is dedicated to running and has been a model of consistent improvement. He is a captain and a good teammate.
12	Tyler Mussen	15:46.8	Plymouth	Tyler is having a great season. He is proof that hard work pays off. In almost any other season he would be our #1 runner.
12	Muaad Abdulaziz	15:47.5	Dearborn	Muaad is fantastic leader and runner. He had a great summer of training which has resulted in big improvements this season. Running against the competition in the KLAA has helped Muaad to become a better runner.
12	Scott Spaanstra	15:52.2	Brighton	Scott is a tremendous athlete. His commitment to his training and teammates are exceptional.
10	Evan Ross	15:57.6	Brighton	Evan was the 10th man on our roster in 2018. The work he put in during the offseason helped him reach a new level this fall.

11	Talha Syed	16:03.1	Salem	Talha is a committed runner who has improved greatly over the last year. He has consistently been our #1 guy all season.
11	Charlie Frank	16:11.5	Dearborn	Charlie has been one of our top leaders and runners for the last three years. He is a hard worker and a great competitor. He always has a great attitude which helps our entire team. Running against the competition in the KLAA has helped Charlie to become a better runner.
11	Gary Gardella	16:21.8	Salem	Gary finished 58th in the KLAA Championships last fall, improving by nearly a minute and fifteen seconds since last year. He has earned every second of that improvement with his hard work and dedication.
11	Connor Joyce	16:24.6	Hartland	
12	Colin Sheahan	16:24.6	Stevenson	
12	Grant Hoffmeyer	16:27.3	Canton	Grant has successfully transitioned from soccer to cross country this year. He is a hard worker, a team leader, and maintains a great attitude.
12	Steven Majors	16:28.9	Hartland	
12	Josh Morrisey	16:32.1	Northville	Josh has stepped up and led our team when called upon. He has been, and continues to be, reliable and a consistent presence within our team.
12	Ben Steinig	16:34.4	Northville	Ben made a commitment to himself and his teammates at the end of last season to achieve the team goals that this group had set together. He has been a steady leader for his teammates.
11	Gavin Ray	16:37.1	Salem	Last year, Gavin finished 21st in the JV race at the KLAA Championships - this year 20th in the varsity race. He has put in lots of miles over the past 12 months to improve and it shows in his improved times and places.
11	Nathan Hayes	16:43.3	Northville	Nathan made a strong comeback this season after a tough year and a half. At the 2019 KLAA Championship, he completed his best race since he was a freshman.
11	Matt Gustitus	16:44.3	Novi	Matt has a positive attitude and works relentlessly. He is a captain and a good teammate.
10	Brian McCallum	16:47.2	Northville	Brian stepped into a varsity role this season. He has steadily improved since August and has shown that he is one of the best young runners in the KLAA and in our area.
9	Ben Smith	16:48.3	Hartland	
10	Justin Trujillo	16:48.7	Franklin	Justin is a fearless racer who continues to work hard and improve. This is his first year running varsity races. He's not afraid to race with people

				ahead of him and stay with them.
12	Andrew Hanna	16:48.8	Brighton	Andrew's best XC 2 mile time was over 15 minutes in 8th grade. Years of hard work and determination have enabled him to compete with the best runners in the KLAAs.
12	Cade Kaighen	16:49.3	Hartland	
12	Noah Weslock	16:50.3	Howell	This year was Noah putting together years of extremely hard work to get where he is at. From his first High School race of 22:39 to sub 17. He has inspired the team to work hard and put in the extra time and has truly been a leader on the team and changed the culture of how to train.